

# FIBRE POWER!

STICK ME  
ON YOUR  
FRIDGE!

| FOOD                  | CHILDREN'S PORTION       | FIBRE<br>PER 100g | FIBRE<br>PER PORTION |
|-----------------------|--------------------------|-------------------|----------------------|
| <b>FRUIT</b>          |                          |                   |                      |
| Apple (Royal Gala)    | ½ medium (90g)           | 1.2g              | 1.1g                 |
| Pear (Conference)     | ½ medium (90g)           | 1.6g              | 1.4g                 |
| Banana                | 1 medium (118g)          | 1.4g              | 1.6g                 |
| Grapes                | 10 / small handful (50g) | 1.0g              | 0.5g                 |
| Blueberries           | 20 / small handful (25g) | 1.5g              | 0.4g                 |
| Strawberries          | 5 / small handful (50g)  | 1.0g              | 0.5g                 |
| Raspberries           | 15 / small handful (50g) | 2.5g              | 1.2g                 |
| Mango                 | ¼ medium (approx. 50g)   | 2.6g              | 1.3g                 |
| <b>VEGETABLES</b>     |                          |                   |                      |
| Broccoli              | 50g                      | 2.5g              | 1.2g                 |
| Butternut squash      | 50g                      | 1.6g              | 0.8g                 |
| Cabbage               | 50g                      | 2.0g              | 1.0g                 |
| Carrots               | ½ medium (approx. 50g)   | 2.1g              | 1.0g                 |
| Cherry tomatoes       | 4 tomatoes (50g)         | 1.3g              | 0.6g                 |
| Cucumber              | 50g                      | 0.7g              | 0.3g                 |
| Mushrooms             | 50g                      | 0.8g              | 0.4g                 |
| Peas                  | 50g                      | 5.6g              | 2.8g                 |
| Pepper                | 50g                      | 1.0g              | 0.5g                 |
| Sweet potato          | 50g                      | 2.4g              | 1.2g                 |
| Sweetcorn             | 50g                      | 5.1g              | 2.5g                 |
| <b>BEANS + PULSES</b> |                          |                   |                      |
| Baked beans           | 60g / 2 tbsp             | 3.9g              | 2.3g                 |
| Cannellini beans      | 50g / 2 tbsp             | 6.5g              | 3.2g                 |
| Kidney beans          | 50g / 2 tbsp             | 7.8g              | 3.9g                 |
| Chickpeas             | 50g / 2 tbsp             | 6.1g              | 3.0g                 |
| Lentils               | 50g / 2 tbsp             | 8.0g              | 4.0g                 |

## ADVICE FOR PARENTS

### BUILD UP GRADUALLY

If your child has been eating low levels of fibre, it will be important to introduce high fibre foods slowly as too much fibre may lead to discomfort e.g. bloating, increased gas.

### KEEP ENERGY IN MIND

While fibre is a fantastic nutrient due to the benefits it has to our bodies including our digestive, gut and immune health, it can be incredibly filling. For children, particularly those following a plant-based diet, it will be important to ensure they are consuming enough energy before becoming full up.

**VEGPOWER**